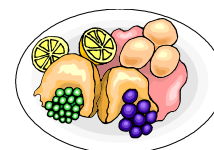


Kentucky Prenatal Nutrition Guide

Second Trimester

14 weeks–28 weeks



1st trimester

2nd trimester

3rd trimester

NUTRITION

Eating for a Healthy Baby

The kinds of food you eat are as important as how much you eat. To make sure you are getting enough of the right foods for proper weight gain and growth of the baby, choose from the Food Guide Pyramid. It is helpful to plan meals and snacks in advance. Eating healthy snacks can help you meet your daily nutritional needs for pregnancy. Remember to take your prenatal vitamin daily.

Good Snack Choices

High calorie—High protein snacks

Cheese	Pizza
Dried Fruit	Ice Cream
Whole or 2% milk	Nuts
Shakes	Peanut Butter
Eggs	Yogurt
Instant Breakfast	Cheeseburger

Low calorie snacks

Fresh fruit	Fresh vegetables
Unbuttered popcorn	Lowfat yogurt
Vegetable juice	Skim/1% milk
WIC Cereals	



Weight Gain in Pregnancy

Weight gain during pregnancy is very important. The right amount of weight gain can help prevent having a baby who is too small or may have medical problems. If you are having more than one baby, you should gain about 35—45 pounds during your pregnancy. During this trimester you can expect to gain about $\frac{1}{2}$ to $1\frac{1}{2}$ pounds per week. Never try to lose weight during pregnancy.



YOUR BABY'S HEALTH

Tobacco, alcohol and drugs

A healthy baby is the one whose mother does not use tobacco, drugs or alcohol. All these things reach the growing baby. While pregnant, any tobacco use can keep your baby from developing normally. Alcohol (beer, wine, wine coolers or liquor) can damage your baby's brain and body. Since no one knows how much alcohol is harmful, it is best not to drink at all. Do not take any drugs unless your doctor tells you to. Drugs can also hurt your baby. Alcohol, tobacco and most drugs (except those approved by a doctor who knows you are pregnant) should not be used.

Caffeine

Pregnant women need to limit caffeine intake to avoid possible harm to their baby. It is suggested that you limit your intake of caffeine containing beverages, such as coffee, tea and soft drinks, to no more than twelve (12) ounces each day.

Artificial Sweeteners

Aspartame (NutraSweet™), saccharin (Sweet 'N Low™), sucralose (Splenda™) or acesulfame potassium (Acesulfame K™) are artificial sweeteners found in sugar-free foods. The effects of these sweeteners on the unborn baby are unknown. Pregnant women are advised to limit their intake of artificial sweeteners.



COMMON DISCOMFORTS OF PREGNANCY

Most pregnant women have some discomforts during pregnancy. Here are some tips that may help to make you more comfortable:

MORNING SICKNESS: This problem should lessen during the second trimester. If you are still having problems, eat small meals and limit spicy, greasy or fried foods. Drink liquids between meals and avoid long times without eating. Wait at least 2 hours after a meal before lying down.

HEARTBURN: Eat small meals often. Limit spicy, greasy or fried foods. Drink fluids before or after meals. Reduce the amount of liquids with meals. Chew your food well and avoid eating too fast. Wait at least 2 hours after a meal before lying down.

CONSTIPATION: Increase foods that are high in fiber such as raw fruits and vegetables, whole grain breads and cereals, dried beans and peas. Increase liquids, especially water. Regular physical activity, such as walking may help.

FREQUENT URINATION: Drink plenty of water to prevent burning, itching or other bladder problems.

SWELLING: Put your feet up when possible. Rest on your left side. Drink 8-10 cups of liquids each day (water, lowfat, milk, juice). Limit foods high in salt. Avoid crossing legs.

PHYSICAL ACTIVITY

Being pregnant does not mean that you must stop your normal activities. Physical activity with your doctor's approval, will help to keep your body in its best condition by improving muscle tone, posture and mental health. Walking, light activities and even certain sports are healthy as long as you do not overdo.



BREASTFEEDING

For Mother

- May help in weight loss after delivery
- Always ready, no mixing or heating
- Less expensive
- Safe, simple, natural feeding method
- Prevents breast and ovarian cancer
- Your baby may be healthier
- Helps body get back into shape faster

For Baby

- Closeness between mother and baby
- Best nutrition
- Fresh, clean and right temperature
- First immunizations
- Easy for baby to digest
- Less allergy problems
- Decreases illnesses such as diarrhea, constipation, breathing problems, asthma and ear aches



ASK YOUR HEALTHCARE PROVIDER IF YOU HAVE OTHER HEALTH QUESTIONS.



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